

**LEWISTON RECREATION DIVISION
GRADE SCHOOL BASKETBALL LEAGUE RULES
2016-2017**

LEAGUE RULES:

1. Each game will consist of four (4) 6-minute quarters of running time, with the last two minutes of the second and fourth quarter being stopped time. *One* overtime period of three (3) minutes will be used, with the last minute also stopped time. Full-court press will be allowed during the last two (2) minutes of the fourth quarter, and also during the entire overtime period, unless Rule #2 is in effect.
 - A. Three time outs per game for each team. One (1) in O.T.
Unused timeouts do not get carried over.
2. If a team is ahead by ten (10) points or more, that team may not use the full court press until their lead is fewer than ten (10) points.
 - A. If a team is ahead by ten (10) points or more, stopped time will not be used.
 - B. Leads of more than ten (10) points will not be posted on the scoreboard, but actual points will be kept on the printed score sheet.**
3. Player-to-Player defense must be implemented by all coaches. No Zone, or variations of Zone defense, will be permitted. Players must stay with their person at all times.
 - A. Under “NO PRESS” Playing time:
 1. Players may pick up their person on defense as soon as that offensive player crosses the top of the 3 point arc.
 2. Players must stay within arms length to 5 feet of the person they are guarding.
 3. Double-teaming of the ball carrier will be allowed only within the three-second area.
 4. Triple-teaming is not allowed at any time.
 5. Once the ball carrier enters the foul shooting box, all players may then “crash the boards” and abandon his/her player to gain a rebound.
 6. If the ball is rebounded by the offense and the ball is passed back outside of the foul shooting box, all defensive players must return to the player they were guarding.
 7. If the defense gains possession of the rebound or a basket is made, offensive players must drop back to top of the opposite 3 point arc to wait to pick up their person on defense.
 - B. Under “Full Court Press” Playing time:
 1. Players may guard their person at any point on the court.
 2. Double-teaming on the ball carrier will be allowed once the ball has been brought over the top of the 3 point arc.
 3. Triple teaming not allowed at any time.
 4. Players still have to wait to “crash the boards” until the ball enters the foul box.

NOTE: When Rule #2 comes into effect, NO FULL COURT PRESS will be allowed, and the “NO PRESS” Rules of play must then be followed.

PENALTIES For Playing a Zone Defense:

- First offense will result in a Team Warning.
 - Second and subsequent offenses will result in a ONE SHOT Technical Foul, plus possession.
4. The three-point field goal will not be allowed. All field goals will count as two points.
 5. When in bounding the ball, the player who is in bounding may break the plane of the boundary line with the ball while attempting to make a pass. The Defensive player who is guarding against the inbound pass may make an attempt to steal the ball as the inbound pass is made. If the Defensive player reaches over the out of play line and makes contact with any part of the ball in the player’s hand or any part of

that player's body, a warning for the first offense will be called, followed by a technical foul for subsequent offenses. Technical fouls will be one (1) shot, plus ball possession.

6. All players must report in at the scorer's table and wait there until motioned in by a referee. Failure to report to the scorer's table will result in a technical foul.
7. Coaches will be allowed to pace in front of their immediate bench area. If a coach's actions cause interference for either the referees or the timekeepers, he/she will be asked to stay seated. First offense will result in a warning; other offenses will result in a technical foul.
8. Coaches will be allowed to go onto the court before each quarter to enable them to match up their players with the opposition. Players being substituted for during the game should tell their replacement who they were guarding to avoid confusion for other players and officials. If three or more players are being substituted on both teams, a court match-up will be allowed for the coaches.
9. All participants in this program will be given an equal amount of playing time regardless of ability, age, gender, race, etc. **Each coach will submit to the scorers' table before each game, a complete substitution list that will state a starting five, and the order of substitutes as to who will be going in and out of the game (at each scheduled substitution break).** Each coach must comply with his or her substitution plan during the entire game. It is up to each coach to plan his or her substitutions for equal participation.
10. Coaches are not allowed to address the officials during the game with comments or concerns. All comments will be addressed to the Grade School Basketball Director or other designated Lewiston Recreation representative. First offense will result in a warning; second offenses will result in a technical foul. Any continued offenses and the coach may be asked to leave.

Any players or coaches using "UNSPORTSMANLIKE CONDUCT, FLAGRANCY, OR ABUSIVE LANGUAGE" towards other players, coaches, officials or spectators, will receive a technical foul, and will be ejected for the remainder of the game. Two such ejections will result in a two game suspension. Any ejection after a suspension will result in suspension from the program for one full year.

NOTE: UNSPORTSMANLIKE CONDUCT, FLAGRANCY, OR ABUSIVE LANGUAGE IS NOT PART OF ANY YOUTH LEAGUE. THEREFORE, WARNINGS DO NOT HAVE TO BE GIVEN FOR THE ABOVE INFRACTIONS IF THE OFFICIAL BELIEVES THE INFRACTION IS SERIOUS ENOUGH TO WARRANT A TECHNICAL OR EJECTION.

NOTE: PLAYERS OR COACHES RECEIVING A TECHNICAL FOUL FOR SLAMMING A BASKETBALL OR OTHER RELATED INCIDENTS OTHER THAN UNSPORTSMANLIKE CONDUCT WILL NOT BE EJECTED UNLESS THAT IS HIS/HER SECOND TECHNICAL FOUL. HOWEVER, SAID PLAYER OR COACH WILL BE WARNED TO CORRECT HIS/HER BEHAVIOR, AND IF HE/SHE CONTINUES, AN EJECTION WILL FOLLOW.

THE GRADE SCHOOL PROGRAM WAS DEVELOPED TO HELP TEACH FUNDAMENTAL BASKETBALL SKILLS AND SPORTSMANSHIP TO THE YOUTH OF THE COMMUNITY
WINNING IS STRICTLY SECONDARY.

Please enjoy the SPIRIT of the game.